



Active Adult Programs

May 2023

Plainfield Township Community Center
15014 S. DesPlaines St. Phone: 815-436-2029

Monday	Tuesday	Wednesday	Thursday	Friday
1 Strong & Sturdy 10-10:45 Massage 11a-12p Mat Making for homeless 1-3 pm	2 Fit & Fun 10:15-11 (make-up class for 2/9/23) Games 1-3 pm	3 Massage 9-1 Bridge & Games 10-12	4	5 Chair Yoga 10-10:45 NO MAHJONG Cinco de Mayo Fiesta 11:30-1 pm
8 Spring Crafts 1-2:30p	9 Reflexology 8-12 Fit & Fun 10:15-11 (summer session begins) Games 1-3 pm	10 Bridge & Games 10-12 School of Rock—Paramount Theatre 12:00-5:00 pm	11 Fit & Fun 10:15-11 (summer session begins) Lilacia Park & Honey-Jam Café 10:00a-3:-00p	12 Chair Yoga 10-10:45 Mahjong 10-1
15 Strong & Sturdy 10-10:45 (make-up class for 4/10/23) Massage 11a-12p	16 Fit & Fun 10:15-11 Games 1-3 pm	17 Massage 9-1 Bridge & Games 10-12 Midwest Tulip Fest @ Kuipers 10a-3p	18 Fit & Fun 10:15-11 Bunco 11:30a-2:30p	19 Strong & Sturdy 10-10:45 (make-up class for 5/8/23) Mahjong 10-1
22 Strong & Sturdy 10-10:45 (summer session begins) Massage 11a-12p Polk-A-Dot Drive in & Vilt's Greenhouse 11a-3:30p	23 Reflexology 8-12 Fit & Fun 10:15-11 Games 1-3 pm	24 Bridge & Games 10-12	25 Fit & Fun 10:15-11 Card Fun 1:30 pm	26 Beginner Mat Yoga 9-9:45 (summer session begins) Chair Yoga 10-10:45 (summer session begins) Mahjong 10-1
29 Memorial Day FACILITY CLOSED	30 Fit & Fun 10:15-11 Icash Presentation—by Illinois State Treasurer's office - 10:00am-noon Games 1-3 pm	31 Bridge & Games 10-12 Baha'i House of Worship trip 9:00am-3:30pm		